

Better When I'm Dancin' Dance

Sandy Kimbrough

Purpose of activity: To warm up students for more exercise or use as part of dance lesson.

Grade level: 3-5

Prerequisites: It would be helpful if students know right and left! The term "salsa" is also used.

Materials Needed: Better When I'm Dancin' (by Meghan Trainor on The Peanuts Movie soundtrack)

Description of activity:

Double step-touch RL, four hamstring curls with biceps up and down arms.....2x

Stomp R foot forward, make a big circle with arms overhead, palm to audience, step together, 2 V-steps R..... 2x

FREESTYLE during "better when I'm dancing"

During "we can do this together":

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During "da da da da da":

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms

START OVER

Double step-touch RL, four hamstring curls with biceps up and down arms.....2x

Stomp R foot forward, make a big circle with arms overhead, palm to audience, step together, 2 V-steps R..... 2x

FREESTYLE during "better when I'm dancing"

During "we can do this together":

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During "da da da da da":

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms...REPEAT other side

TWIST down and UP, 2 squats; TWIST down and UP, 2 squats

FREESTYLE during "better when I'm dancing"

During "we can do this together":

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During "da da da da da":

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms...REPEAT other side

Salsa RLRLRLRL

Video

<https://www.youtube.com/watch?v=ndjmmQ6capQ>